



Great American
Health Check SM

The American Cancer Society Great American Health Check

Recipes

Crab-Stuffed Cherry Tomatoes

This recipe can be found in *The American Cancer Society's Healthy Eating Cookbook*.

1 pint cherry tomatoes
1 6-ounce can crab meat
2 green onions, finely chopped
2 tablespoons dry breadcrumbs
1 teaspoon fresh parsley, finely minced
1 teaspoon white wine vinegar
1/2 teaspoon fresh dill, finely minced, or 1/4 teaspoon dried dillweed
Paprika

Slice stem end from tomatoes and scoop out pulp.

Invert tomatoes and place on a paper towel to drain.

Combine crab meat, green onions, bread crumbs, parsley, vinegar, and dillweed in a small bowl and mix well.

Spoon mixture into tomatoes.

Line a microwave-safe plate with a paper towel and arrange tomatoes.

Microwave on high for two to four minutes or until heated through, turning plate several times. Sprinkle with paprika.

Servings: 5 | Calories from fat per serving: 53 | Grams of fat per serving: 1 gram

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Chicken Yucatán

This recipe can be found in *The American Cancer Society's Healthy Eating Cookbook*.

3 tablespoons fresh orange juice
2 tablespoons canned unsweetened pineapple juice
2 tablespoons fresh lime juice
2 tablespoons fresh oregano, chopped
1 tablespoon olive oil
1 teaspoon ground cumin
1 teaspoon chili powder
1 garlic clove, chopped
4 to 6 dashes hot pepper sauce
Salt and pepper to taste
6 skinless bone-in chicken breasts

Preheat oven to 375°.

In a food processor or blender, combine all ingredients except the chicken, add salt and pepper to taste, and puree until smooth.

Arrange chicken in an 8-inch by 11-1/2-inch baking dish and brush with half the citrus-herb mixture.

Bake chicken in preheated oven, turning once and brushing with the remaining mixture, for 30 to 35 minutes or until chicken is no longer pink in the center.

Season with salt and pepper to taste.

Serve hot.

Servings: 6 | Calories per serving: 157 | Grams from fat per serving: 4

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Apple and Cranberry Acorn Squash

This recipe can be found in *The American Cancer Society's Healthy Eating Cookbook*.

4 small acorn squash
2 medium apples, unpeeled, chopped
1/2 cup fresh cranberries
1/4 cup light brown sugar, packed
2 tablespoons almonds, chopped
1 tablespoon fresh orange juice
1 tablespoon corn oil margarine, melted

Preheat oven to 375°.

Cut squash lengthwise into halves and discard seeds.

Arrange squash cut side down in a baking dish and add 1/2-inch water.

Bake for 40 minutes.

Combine apples, cranberries, brown sugar, almonds, orange juice, and margarine in a bowl and mix well.

Turn squash cut side up and spoon apple mixture into squash cavities. Bake for 30 minutes.

Servings: 8 | Calories per serving: 129 | Grams from fat per serving: 3

No-Bake Bars

This recipe can be found in *The American Cancer Society's Healthy Eating Cookbook*.

1/2 cup reduced-fat peanut butter
1/2 cup honey
1/2 cup low-fat granola
1/2 cup crispy rice cereal
1/2 cup raisins
1/2 cup crushed graham crackers

In a small pan, heat peanut butter and honey over low heat until creamy.

Remove from heat and pour into a bowl.

Add granola, cereal, raisins and graham cracker crumbs and stir together well.

Press mixture into an 8-inch by 8-inch glass baking dish and refrigerate for one hour.

Cut into 12 squares.

Servings: 12 | Calories per serving: 155 | Grams from fat per serving: 5